

## Protect Your Body... Your Temple

### Get the Good News about Cancer Prevention and Control

- You can take steps every day to reduce your chances of getting cancer.
- Acting on this good news is especially important because African-Americans suffer from cancer more than others.
- What can you do to protect yourself and your loved ones?
  - **Eat a healthy diet**
  - **Be physically active**
  - **Don't smoke**
- Most cancers can be cured if found early and treated right away.
- Follow the **American Cancer Society** guidelines for cancer screenings. Find out how by calling **(800) ACS-2345**.
- Pass on the good news to family and friends.

*Protect Yourself and Your Loved Ones...  
With Healthy Habits.*



Office of Minority Health

South Carolina Department of Health  
and Environmental Control

CR-006980 5/07

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